Good Things to Eat

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FOR MAKING
GOOD THINGS TO EAT

Good food and healthy food
is ever to be desired

1925
THE WESSON OIL & SNOWDRIFT PEOPLE
NEW ORLEANS, LA.

SAVANNAH · MEMPHIS · CHICAGO · NEW YORK

Snowdrift
for making Cake,
Biscuit and Pastry
and for Frying.

INTRODUCTION

The Wesson Oil people make Snowdrift out of oil as good as fine salad oil. The oil is hardened and whipped—somewhat as you beat the white of an egg—into a creamy, white fat. (Its fluffy whiteness is how Snowdrift got its name.)

Made entirely of this choice oil, Snowdrift is an absolutely pure, rich fat—most delicate in flavor and *very* good to eat. *Taste* it and see.

Snowdrift is then packed in air-tight cans so that when you get it in your kitchen it is as sweet and fresh as the day it was made. (This is important, because freshness makes quite as much difference in the goodness of a fat as it does in eggs or cream.)

There couldn't *be* anything nicer than Snowdrift for making cake, biscuit, pie crust or for frying.

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ALL RECIPES IN THIS BOOK ARE PROPORTIONED FOR SIX PEOPLE
ALL MEASUREMENTS ARE LEVEL

FOR MAKING CAKE

The best way to find out how good Snowdrift really is is to try it in your own favorite recipe.

In using Snowdrift in a recipe that calls for butter, there are two things to remember: Snowdrift is somewhat richer than butter, and it is sweet, and unsalted.

Butter contains water, salt and curds as well as fat, while Snowdrift is all fat. If you want to be very exact in your measurements, three level tablespoons taken out of a cup of Snowdrift will leave you the same amount of fat as a full cup of butter.

Butter is usually well salted, while Snowdrift is sweet, so add about half a teaspoonful of salt to a cup of Snowdrift in any recipe in which you have been in the habit of using butter.

Some Suggestions for Making Cake

First, cream the Snowdrift and the sugar. This creaming process takes but a moment as Snowdrift is already quite creamy itself. If the eggs are to be separated, the beaten yolks should be added, together with the flavoring, and then the dry ingredients, sifted together, should be added alternately with the liquid. The egg whites, beaten stiff, are then folded in, and the mixture transferred to a pan, which should be rubbed lightly with Snowdrift and then dusted with flour.

In case the cake is to be baked a long time, it is advisable to line the bottom of the pan smoothly with lightweight paper.

If close texture is desired, the eggs should be beaten together without being separated, and added to the creamed Snowdrift and sugar.

Baking-time is divided into quarters. During the first quarter the cake rises, during the second, it sets, during the third, it begins to brown in spots, and during the fourth, it browns evenly. Cake is done when it responds to a light touch, when it shrinks from the sides of the pan, or when it ceases to hiss or steam.

The right oven temperature depends upon the cake. Fruit or rich wedding cake, demanding two hours or more for cooking, calls for a slow oven, about 225 degrees F. Sponge or Angel Cake calls for a quicker oven, about 300 degrees F. Loaf cakes need a moderate oven, about 350 degrees F., while layer and cup cakes call for a hot oven, about 375 degrees F.

When taken from the oven, the cake should be allowed to stand in the pan for two or three minutes, then be loosened gently around the edges and turned out to allow a free circulation of air to cool. If a boiled icing is to be used it should be put on a cold cake. An uncooked icing may be spread on either a slightly warm or cold cake.

WHITE CAKE

½ *Cupful Snowdrift*
1⅓ *Cupfuls Sugar*
1¼ *Teaspoonfuls Vanilla*
3 *Cupfuls Flour*
¼ *Teaspoonful Salt*
4 *Teaspoonfuls Baking Powder*
1 *Cupful Milk*
4 *Egg Whites*

Cream sugar and Snowdrift well and add vanilla. Sift flour, baking powder and salt together and add alternately with milk. When smooth fold in stiffly beaten egg whites. Transfer to three medium sized (or two large) layer cake pans, which have been rubbed lightly with Snowdrift and bake in hot oven (375 degrees F.). Put together with chocolate, orange or any desired frosting.

RAISIN SPICE CAKE

⅓ *Cupful Snowdrift*
1 *Cupful Brown Sugar*
⅓ *Cupful Granulated Sugar*
2 *Eggs*
½ *Cupful Left-over Coffee*
1¾ *Cupfuls Flour*
1 *Cupful Raisins*
⅛ *Teaspoonful Salt*
3 *Teaspoonfuls Baking Powder*
¾ *Teaspoonful Cinnamon*
¼ *Teaspoonful Nutmeg*
¼ *Teaspoonful Clove*

Put all ingredients together in a good sized mixing bowl and beat them thoroughly, to make a smooth batter. Turn into a medium sized dripping pan, which has been rubbed with Snowdrift, and bake for forty-five minutes in a moderate oven (350 degrees F.). Cover with any desired icing. Or this may be baked in two layers, and put together and decorated with whipped and sweetened cream.

LAZY DAISY CAKE

½ Cupful Snowdrift
1½ Cupfuls Brown Sugar
2 Eggs
½ Cupful Milk
1⅔ Cupfuls Flour
3 Teaspoonfuls Baking Powder
½ Teaspoonful Cinnamon
½ Teaspoonful Nutmeg
¼ Teaspoonful Salt
½ Pound Figs or 1 Cupful Raisins

Put Snowdrift, sugar, eggs and milk in a bowl. Add flour, baking powder, cinnamon, nutmeg and salt, mixed and sifted together. Beat all the ingredients together five minutes. Add raisins and mix well. Pour into a greased, shallow pan, having batter two inches deep. Bake in a moderate oven (350 degrees F.) 50 to 60 minutes or in muffin pans in a hot oven (400 degrees F.) 20 to 25 minutes.

MODERN POUND CAKE

1 Cupful Sugar
⅔ Cupful Snowdrift
4 Eggs
½ Teaspoonful Vanilla Extract
½ Teaspoonful Lemon Extract
1 Tablespoonful Milk
1⅓ Cupfuls Flour
½ Teaspoonful Baking Powder
⅓ Teaspoonful Salt

Cream together Snowdrift and sugar, then beat in the eggs, one at a time, without preliminary whipping. Add the extracts, then sift together dry ingredients, and add them to the first mixture with the milk. Transfer to a medium sized cake pan, which has been lightly rubbed with Snowdrift, and bake in a moderate oven (350 degrees F.), for about forty minutes. If desired, a little mace may act as flavoring.

CHOCOLATE CAKE

¾ Cupful Snowdrift
2 Cupfuls Sugar
3 Eggs
2½ Cupfuls Flour
1 Teaspoonful Vanilla
2 Teaspoonfuls Baking Powder
1 Teaspoonful Salt
1 Cupful Milk
4 Squares Chocolate

Cream the Snowdrift, add sugar gradually, and cream together. Add unbeaten eggs, one at a time, and beat well. Measure 2½ cupfuls sifted flour and sift with baking powder and salt. Add alternately with milk. Add melted chocolate and blend thoroughly. Bake in a greased pan in a moderate oven or at 350 degrees F. for fifty-five minutes.

LOAF CAKE

¾ Cupful Sugar
6 Tablespoonfuls Snowdrift
3 Eggs
1 Teaspoonful Desired Extract
1¾ Cupfuls Flour
⅛ Teaspoonful Salt
2½ Teaspoonfuls Baking Powder
½ Cupful Milk

Stir the Snowdrift and gradually work in the sugar, the eggs well beaten, and the extract. Sift together dry ingredients and add them alternately with the milk to the first mixture. Beat well, transfer to a medium sized cake pan, which has been rubbed lightly with Snowdrift, and bake in moderate oven (350 degrees F.). Cover with any desired icing.

RICH SPONGE CAKE

½ Cupful Snowdrift (scant)
1 Cupful Sugar
Rind ½ Lemon
1 Tablespoonful Lemon Juice
3 Egg Yolks, Beaten Light
1½ Cupfuls Flour
¼ Teaspoonful Salt
¼ Teaspoonful Soda
3 Egg Whites

Stir the Snowdrift and gradually work in sugar, lemon juice and rind, and then the egg yolks. Sift together dry ingredients and add alternately to the first mixture with the egg whites, beaten stiff. Transfer to small muffin pans lightly rubbed with Snowdrift, fill them half full, and bake from twenty-five to thirty minutes in a moderate oven (350 degrees F.). The cakes will have a delicious crust, similar to that of lady-fingers, and it is not necessary to ice them.

EVERYDAY CAKE

4 Tablespoonfuls Snowdrift
⅔ Cupful Sugar
1 Egg
½ Teaspoonful Flavoring
1½ Cupfuls Flour
1½ Teaspoonfuls Baking Powder
⅛ Teaspoonful Salt
½ Cupful Milk

Stir the Snowdrift, and gradually work in the sugar, flavoring and egg yolk, beaten. Sift together the dry ingredients and add them alternately to this first mixture with the milk, then fold in the egg-white, beaten stiff. Transfer to a medium sized cake pan, which has been rubbed lightly with Snowdrift, and bake from thirty-five to forty minutes in a moderate oven (350 degrees F.). Cover with desired icing.

FUDGE CAKE

3 *Ounces (squares) Chocolate*
½ *Cupful Milk*
1 *Egg*
1 *Cupful Sugar*
2 *Tablespoonfuls Snowdrift*
1⅛ *Cupfuls Flour*
⅛ *Teaspoonful Salt*
½ *Cupful Milk (additional)*
1 *Teaspoonful Vanilla*
¾ *Teaspoonful Soda dissolved in* 1 *Teaspoonful Boiling Water*

Cut chocolate in small pieces and melt over hot water. Add the first half cupful of milk, mixed with the egg yolk, beaten, and stir like a custard until it thickens. Stir into this the sugar and Snowdrift, and transfer the mixture to a bowl. Then add the vanilla and alternately, the flour and salt sifted together, and the milk. Lastly, beat in the soda and fold in egg white, whipped stiff. Transfer to a medium sized dripping pan, which has been rubbed lightly with Snowdrift, and bake about forty minutes in a moderate oven (350 degrees F.). Cover with chocolate frosting.

CARAMEL CAKE

½ *Cupful Snowdrift*
1½ *Cupfuls Sugar*
1 *Cupful Water*
2½ *Cupfuls Flour*
¾ *Teaspoonful Salt*
4 *Teaspoonfuls Baking Powder*
3 *Egg Whites*
1 *Teaspoonful Vanilla*

Put ½ cupful of the sugar into an iron pan and stir over a hot fire until it melts and browns, then add ½ cupful water,

bring it to a boil and pour into a cup, filling the cup with cold water for the cake. Cream the Snowdrift, add ½ cupful of the sugar gradually, and cream thoroughly until very light. Measure 2½ cupfuls sifted flour and sift with salt and baking powder. Add alternately with the water and caramel. Beat egg whites until stiff adding slowly ½ cupful sugar and 1 teaspoonful vanilla, and fold into first mixture. Turn into two small square cake pans well greased, and bake in a hot oven or at 375 degrees F. for twenty-five minutes. Put together with nut filling.

SAND TARTS

½ Cupful Snowdrift
1 Cupful Sugar
1 Egg
1¾ Cupfuls Flour
2 Teaspoonfuls Baking Powder
½ Teaspoonful Salt
1 Teaspoonful Vanilla

Cream the Snowdrift, add sugar gradually and cream together thoroughly; add egg well beaten. Measure 1¾ cupfuls sifted flour, sift with baking powder and salt and add to first mixture. Add flavoring, chill, toss the mixture on a cloth which has been dusted with granulated sugar, roll the dough out to a thin sheet, cover the top with granulated sugar, give another light roll, cut with round cutter and bake in a moderate oven or at 350 degrees F. from six to ten minutes or until a light brown.

CALIFORNIA CAKE

½ Cupful Snowdrift
1½ Cupfuls Sugar
4 Egg Yolks
3 Cupfuls Flour
3 Teaspoonfuls Baking Powder
1 Teaspoonful Orange Extract
1 Teaspoonful Salt
¼ Cupful Water
¾ Cupful Orange Juice (strained)
4 Egg Whites
1 Tablespoonful Orange Rind

Cream the Snowdrift, add ½ cupful sugar, and when well blended add egg yolks beaten until light with ½ cupful sugar, and beat well. Measure 3 cupfuls sifted flour and sift with baking powder and salt. Add alternately with orange juice and cold water. Beat egg whites until stiff, adding slowly ½ cupful sugar, orange rind, and orange extract. Fold into first mixture and bake in three greased layer cake tins for twenty-five minutes in a moderate oven or at 375 degrees F.

GINGER SNAPS

½ Cupful Snowdrift
4 Cupfuls Flour
½ Cupful Brown Sugar
1 Tablespoonful Ginger
Few Grains Cayenne
2 Teaspoonfuls Salt
⅔ Cupful Molasses

Rub the Snowdrift thoroughly into the flour using tips of fingers or two knives, then add sugar, ginger, salt and cayenne. Mix well and moisten with molasses. Knead

thoroughly, chill, roll out very thin, cut with a small round cutter and bake in moderate oven or at 350 degrees F. from four to six minutes or until a light brown. The dough must be very dry and hard to roll, but if carefully mixed and handled these ginger snaps are very good.

One-half or even one-fourth of this recipe may be made if fewer cookies are wanted, or part of the mixture may be baked and the remainder kept covered in a cool place and baked several days later.

BOSTON FAVORITE CAKE

⅓ Cupful Snowdrift
1 Cupful Sugar
2 Eggs
2½ Teaspoonfuls Baking Powder
½ Cupful Milk
1¾ Cupfuls Flour
½ Teaspoonful Salt
¼ Teaspoonful Vanilla

Cream the Snowdrift, add ½ cupful sugar slowly and cream thoroughly. Beat egg yolks until thick adding slowly ¼ cupful sugar, and add to first mixture. Measure 1¾ cupfuls sifted flour, sift with salt and baking powder and add to first mixture alternating with milk. Beat egg whites until stiff, adding gradually ¼ cupful sugar and vanilla. Fold into first mixture, turn into two greased layer cake pans and bake twenty-five to thirty minutes in a moderate oven or at 350 degrees F. This cake may be baked in a loaf pan, or as individual cakes, in muffin pans.

DROP COOKIES

6 Tablespoonfuls Snowdrift
¾ Cupful Sugar
1 Egg, Beaten
3 Tablespoonfuls Milk
1½ Cupfuls Flour
2 Teaspoonfuls Baking Powder
¼ Teaspoonful Salt
1 Teaspoonful Flavoring

Combine ingredients in order given, beat well, drop by teaspoonfuls on a shallow baking pan, making the cookies two inches apart, and bake them for ten minutes in a hot oven (375 degrees F.).

SNOWDRIFT ICING

½ Cupful Snowdrift
1½ Cupfuls Confectioners' Sugar
1 Teaspoonful Lemon Flavoring
2 Teaspoonfuls Almond Flavoring
½ Teaspoonful Salt

Cream the Snowdrift, add flavoring and salt, then add sugar gradually, working mixture until very light and smooth. Other flavoring may be used instead of lemon and almond.

BOILED FROSTING

1½ Cupfuls Sugar
4 Tablespoonfuls Boiling Water
1 Tablespoonful Snowdrift
½ Teaspoonful Flavoring
⅛ Teaspoonful Cream of Tartar

Combine the sugar, water, Snowdrift and cream of tartar and boil the mixture, without stirring, until it threads. Add the flavoring, cool until tepid, then beat until it is thick enough to spread on the cake. For Chocolate Frosting

add one and a half ounces (squares) of shaved chocolate to the mixture when put on to cook.

WHITE FRUIT CAKE

Follow recipe for White Cake (page No. 4), adding to the dry ingredients three-fourths of a cupful of chopped raisins, currants and citron with a little candied orange peel and candied pineapple. Put together with orange frosting.

WHITE NUT CAKE

Follow recipe for White Cake (page No. 4) adding three-fourths cupful of coarsely chopped walnut or pecan nut meats to the dry ingredients.

MARBLE CAKE

After putting together mixture for Loaf Cake (page No. 6) take out one-half and add to this a half teaspoonful each of ground clove, cinnamon and mace. Then put the plain and the spiced batter into the cake pan in alternating tablespoonfuls and finish as directed.

EVERYDAY LAYER CAKE

Follow recipe for Everyday Cake (page No. 7) baking the mixture in two small layers. Put together with jelly and sift powdered sugar over the top, or put together with icing or a cooked cream filling.

BISCUIT

Try Snowdrift in your favorite recipe for hot biscuit some Sunday morning when you have time to make a lot. Snowdrift may not make you a better cook, but the family are likely to think so.

Every good biscuit recipe is a Snowdrift recipe. Use it as you would any shortening, and the only difference will be in the more delicious result.

SOUTHERN TEA BISCUITS

3 *Tablespoonfuls Snowdrift*
2 *Cupfuls Flour*
1 *Tablespoonful Sugar*
4 *Teaspoonfuls Baking Powder*
½ *Teaspoonful Salt*
¾ *Cupful Milk or Water*

Measure dry ingredients and sift together into mixing bowl. Measure Snowdrift and cut into flour with two knives and work in with fork until well distributed. Add liquids mixing with a knife or spoon until a soft dough is made that can be handled on a board lightly floured. Handle and work as little as possible. Roll thin and cut with small cutter. Place on greased pan or baking sheet and bake in hot oven.

BAKING POWDER BISCUITS

3 Cupfuls Flour
6 Teaspoonfuls Baking Powder
¾ Teaspoonful Salt
½ Tablespoonful Sugar
3 Tablespoonfuls Snowdrift
Equal Parts Milk and Water

Sift together the dry ingredients, then rub in the Snowdrift with the fingertips or the back of the mixing-spoon, until the mixture looks flaky. Pour in equal parts of milk and water to moisten—approximately a cupful—then quickly turn the mixture onto a slightly floured board and pat or roll it to one-half inch in thickness. Shape into rounds with the biscuit cutter, tucking under the edges as you work, so there will be no remnants. Place scarcely touching, on a baking pan oiled with Snowdrift, and bake in a quick oven (375 degrees F.), about fifteen minutes. Thin biscuits will bake in ten minutes.

PLAIN MUFFINS

¼ Cupful Snowdrift
¼ Cupful Sugar
1 Egg
2 Cupfuls Flour
½ Teaspoonful Salt
3 Teaspoonfuls Baking Powder
¾ Cupful Milk

Stir the Snowdrift till creamy, gradually adding the sugar and the egg, well beaten. Sift together the dry ingredients and add them alternately with the milk to the first mixture. Drop into muffin pans well oiled with Snowdrift and bake from twenty-five to thirty minutes in a hot oven (375 degrees F.).

SOUTHERN BISCUITS

6 Tablespoonfuls Snowdrift
3 Cupfuls Flour
¾ Teaspoonful Salt
6 Teaspoonfuls Baking Powder
1 Cupful Liquid,
Milk or Water

Mix and sift flour, baking powder and salt together. Cut Snowdrift into the flour with a knife. Add liquid to make a soft dough. Roll out on a slightly floured board to ½ inch thickness. Cut with a biscuit cutter. Put on a greased pan or baking sheet and bake in a very hot oven (450 degrees F.) ten to twelve minutes.

If sour milk is desired, add one teaspoonful soda and leave out three teaspoonfuls baking powder for above proportions.

BISCUIT SHORT CAKE

Follow the recipe for Baking Powder Biscuits, (page No. 15) dividing the mixture into two parts. Lightly rub two medium sized layer cake pans with Snowdrift and pat half of the mixture into each, making it even. Bake fifteen minutes in a hot oven (375 degrees F.), then put together with any one of the following combinations, spreading a part of the mixture on top.

No. 1. One quart hulled and halved strawberries, sweetened to taste and allowed to stand for at least fifteen minutes. A pinch of cinnamon may be added, if desired.

No. 2. One quart of sliced bananas, oranges, peaches, or other fruits sweetened to taste and chilled for half an hour.

No. 3. Sliced canned pears or apricots, or stewed peaches or apricots—using the juice as a foundation for a fruit sauce.

Any of these Short Cakes should be served warm and may be accompanied by Hard Sauce, Lemon Sauce, or cream.

BAKED FRUIT DUMPLINGS

Roll out the mixture for Baking Powder Biscuits to one-fourth inch in thickness. Cut in four-inch squares, and in the center of each place a tablespoonful of chopped, fresh apples, peaches, apricots, or sweetened berries, or of canned or stewed fruit, which has been sweetened. Fold up the edges, press them together and place, fold side down, in a baking pan, which has been rubbed with Snowdrift. Bake in a moderate oven (350 degrees F.), for thirty minutes, and serve hot with Lemon, Nutmeg, or any of the Hard Sauces given in this book.

PASTRY

The making of pastry is really very simple when such a workable fat as Snowdrift is used as shortening.

Pastry is nothing more than flour, a little salt, a good fat, and cold water, put together quickly and according to the "law" of pastry-making. This "law" insists that the pastry be not overworked, that the dough be kept as dry as possible, and that the fat be not too well incorporated, but rather put in coarsely, in such a manner that it will melt in the pastry, causing flakiness. The mixture should never be sticky.

Much has been said and written about this particular phase of cookery, with regard to the chilling of utensils, the use of ice-water, etc. This super-care is not needed with Snowdrift pastries. They are remarkable in that they can be made with no fuss whatever and the results are simply delicious.

Of course, one must be careful about the oven.

Pies of custard nature demand a hot oven (375 degrees F.), for the first ten minutes, in order to set the crust, so that the filling will not soak in. The heat should then be reduced, so that the filling will not boil.

Apple and other fruit pies should also have a hot oven in the beginning and then should be reduced, after the crust has begun to brown a bit, so that the fruit itself will be thoroughly cooked.

Plain pies, which have a cooked filling, will be done in twenty-five minutes; thick, fresh fruit pies, call for from forty to fifty minutes; thin, fresh fruit pies, from thirty-five to forty minutes; while an ordinary pie of custard nature, will cook in about forty minutes. If a meringue is to be used, it should be put on ten minutes before the pie will be done.

QUICK PASTRY

1 Cupful Flour
¼ Cupful Snowdrift
¼ Teaspoonful Baking Powder
½ Teaspoonful Salt
3 Tablespoonfuls Boiling Water

Sift together the dry ingredients and cut in the Snowdrift with a knife, keeping the mixture flaky. Then add the boiling water and cool the pastry before rolling.

FLAKY PASTRY

1 Cupful Flour — *5 Tablespoonfuls Snowdrift*
½ Teaspoonful Salt — *¼ Cupful Cold Water*

Sift together the flour and salt and work in half of the Snowdrift with a spoon or knife, keeping the mixture coarse and flaky. Cautiously stir in three and a half tablespoonfuls of the cold water. If at this point, the mixture becomes sufficiently moist, omit the last half tablespoonful of water. Turn onto a slightly floured board, dust with flour, and roll out the mixture into rectangular shape. Spread the remaining Snowdrift on this to within an inch of the edge. Fold over the dough, pressing the edges together, and gently roll into a round, thin sheet. Repeat this three times in order to make the pastry flaky in layers, when it is baked. Then use as directed. This amount will make one medium sized pie with two crusts, or one large pie with a built-up crust.

FRUIT PIES

Whatever the fresh fruit to be used in making pies, the procedure is the same.

First line a pie-plate with Flaky or Quick Pastry; strew this with a tablespoonful of fine dry bread or cracker crumbs and dot with a half tablespoonful of Snowdrift. Fill the plate with the cleaned berries, peaches, apples, cherries, or whatever fruit is to be used, mixed with from three-fourths to a cupful of sugar, to three cupfuls of fruit. Sprinkle with an additional tablespoonful of crumbs, add a teaspoonful of

Snowdrift, put on the top crust, and finish according to the directions already given.

PUMPKIN, SQUASH, OR SWEET POTATO PIE

2 *Cupfuls Steamed, Sifted Pumpkin, Squash or Sweet Potato*
½ *Cupful Sugar*
2 *Eggs, Slightly Beaten*
¼ *Teaspoonful Salt*
1½ *Cupfuls Milk*
2 *Tablespoonfuls Melted Snowdrift*
1 *Teaspoonful Vanilla*
Pastry

Combine all the ingredients, except the pastry, and mix thoroughly. Then roll out the pastry and line a pie-plate with it building up the edges. Pour in the mixture and bake according to the directions given in the pastry introduction.

CRANBERRY TARTS

Line patty tins with Quick Plain Paste and fill with cold stewed cranberries. Place very narrow strips of pastry over the top of each tart, lattice-fashion, dust thickly with sugar and bake in a quick oven or at 450 degrees F. till pastry begins to brown, then reduce temperature to 350 degrees F. and bake for fifteen minutes or until tarts are well browned.

[QUICK PLAIN PASTE]

Put ½ cupful Snowdrift in a chilled bowl, work until creamy using a wooden spoon. Add ¼ cupful ice water, 1½ cupfuls pastry flour and ½ teaspoonful salt, and mix by cutting with a knife.

LEMON MERINGUE PIE

1½ *Cupfuls Sugar*
1½ *Cupfuls Boiling Water*
5 *Tablespoonfuls Cornstarch*
⅓ *Teaspoonful Salt*
Pastry
1 *Tablespoonful Snowdrift*
2 *Eggs*
5 *Tablespoonfuls Lemon Juice*
Grate Rind Three-fourths Lemon

Thoroughly mix together the cornstarch, salt and sugar, and add to the boiling water, stirring constantly. When thick, transfer to a double-boiler and cook for at least ten minutes. Add the Snowdrift and slowly stir this into the egg yolks, slightly beaten. Then add the lemon juice and rind. In the meantime, the pastry should have been prepared and baked on an inverted pie-plate. When this crust is almost brown enough, it should be put in the pie-plate, the cooled filling poured in and the whole covered with a meringue made by beating the egg whites stiff, adding a few drops of lemon extract or juice, and two tablespoonfuls of powdered sugar. Bake in a moderate oven (350 degrees F.) about ten minutes longer.

FRYING

In frying, for instance—to know how good fried food can taste, you've got to fry in a *fat* that is good itself. It is really a mistake to suppose that "any fat will do." Of course you can fry, after a fashion, with any fat—but if you want things to *taste* good you've got to put just exactly as good a fat into your frying pan as you would put into cake or biscuit or anything else you were going to eat.

Most good cooks who have discovered Snowdrift, fry with it because Snowdrift makes things so good to eat.

That's quite reason enough.

It is also true that because it is pure vegetable oil there are scientific reasons for Snowdrift's superiority as a frying fat.

At the right temperature for frying many fats "break down," smoke—that is, burn—and aren't as good to eat nor as good for us as they might be. The wholesomeness of Snowdrift as a frying fat

is due to the fact that it can be heated hot enough to fry perfectly long before it burns, so that with ordinary care you can fry food in Snowdrift that is as wholesome as the same food cooked any other way, and still has that rich delectable "fried" taste.

Snowdrift is also economical—especially in deep frying. Strain it to remove any crumbs of food and you can use it over and over again. It will not absorb the odor or flavor of any food you cook in it—not even fish or onions. And Snowdrift is not altered much by heating to frying temperature. Some cooking fat has to be thrown out after you use it a few times, but Snowdrift is altered so little by heating that you can use it up and not waste it. It is almost as good the last time you use it as the first.

THE RIGHT TEMPERATURE FOR FRYING

The old-fashioned smoke test should never be used, as fat does not smoke until it burns, and then your fat is too hot. The only accurate and easy kitchen test for temperature in deep-fat

frying is by means of a bit of bread—the length of time which is consumed in browning it, determining the readiness of the fat for the particular food. It takes about twenty minutes with a moderate heat to bring two pounds of Snowdrift to the right temperature for frying—the test bread should then be dropped in.

This table gives the proper length of time it should take the bread to brown, to make the fat of the right temperature.

TIME-TABLE
FOR FRYING IN DEEP, HOT SNOWDRIFT

Oysters, Croquettes	Bread browns in 40 seconds
Fritters and Doughnuts	Bread browns in 1 minute
Small Fish and Fillets	Bread browns in 1 minute
French Fried Potatoes or other French Fried Vegetables	Bread browns in 1½ minutes
Raw Meats, as Chops, Cutlets, etc.	Bread browns in 2 minutes

All foods to be fried in deep-fat should contain or be coated with egg. This coagulates or hardens instantly when it comes in contact with the deep, hot Snowdrift, thereby preventing the "soaking" of fat. Fritters and mixtures of like nature contain egg in themselves, but it must

be added to croquettes, raw fish and meat, in the form of a "coating." The croquettes should first be shaped, one rounding tabelspoonful of the mixture being allowed for each one, then rolled in fine dry bread crumbs, then in slightly beaten egg, diluted with one-fourth cupful of milk or water to each egg. They should be rolled again in fine dry crumbs, and placed in a frying-basket that has first been dipped in the hot Snowdrift. They should then be immersed in the Snowdrift and cooked until golden brown, when they are ready to be drained on crumpled, unglazed paper, and served with or without a sauce.

If raw fish or meat is being cooked, the procedure of crumbing, egging and crumbing is the same.

Snowdrift leaves absolutely no flavor in the fried food, save that of dainty crispness. Moreover, it may be used again and again to the very last ounce. It does not matter whether you chance to fry onions at dinner for Tuesday and wish to use the same Snowdrift for doughnuts on Wednesday. The "taste" of onions will not be transmitted.

After each frying the Snowdrift should be drained through a fine sieve into a clean can. Occasionally it should be put on to heat with some sliced, raw potato to clarify it. The fat will apparently "boil." When it has become still, and the potato is brown, it may be poured through cheesecloth into a clean receptacle. The potato has the property of attracting to itself the foreign products which have been introduced into the fat by many "fryings."

GENERAL RECIPE FOR MEAT OR FISH CROQUETTES

2 Cupfuls Finely-minced Cooked Meat or Fish
½ Cupful Thick White Sauce No. 3
⅛ Teaspoonful Paprika
1 Egg
½ Teaspoonful Salt
1 Tablespoonful Grated Onion (optional)
1½ Tablespoonfuls Finely-minced Green Pepper (optional)

Put the ingredients together in the order given, adding the egg yolk, unbeaten. Finish according to the directions given for White or Sweet Potato Croquettes. Serve with Cream or White Sauce No. 2, Savory Egg Sauce, or Tomato Sauce. Brown Sauce may be used with Meat Croquettes.

Left-over cooked meat or fish, or canned meat or fish of any kind may be used in this way.

APPLE, PEACH OR BANANA FRITTERS

1 *Cupful Flour*
⅓ *Teaspoonful Salt*
2 *Eggs*
⅔ *Cupful Milk or Water*
½ *Teaspoonful Melted Snowdrift*

Mix together the dry ingredients, beat in the liquid gradually, and then stir in the egg yolks, beaten till lemon-colored. Add the Snowdrift and then the egg whites, beaten stiff. Then dip in the fruit, drain it for a moment, and drop each fritter into deep Snowdrift, hot enough to brown a bit of bread in a minute. When golden brown on one side, turn to brown the other. When done, drain on crumpled paper, dust with powdered sugar, and serve with or without Nutmeg or Lemon Sauce. If apples are used they should be cored and pared, then sliced in rings. Peaches should be pared and quartered; bananas should be peeled, halved lengthwise, and then quartered.

QUICK CORN FRITTERS

2 *Cupfuls Canned, or Left-over Creamed Corn*
Few Grains Pepper
½ *Teaspoonful Salt*
¾ *Teaspoonful Baking Soda*
Sifted Dry Bread Crumbs
2 *Eggs*
Snowdrift

Beat the eggs, add the corn, the seasonings, the soda dissolved in a few drops of warm water and dry bread crumbs in sufficient quantity to make the mixture barely hold its shape when dropped from the tip of a spoon. Oil a hot griddle, or frying-pan, well with Snowdrift and drop the mixture onto it by generous teaspoonfuls. Turn when

browned on one side, to cook on the other, drain on crumpled paper and serve at once.

FRIED CHICKEN

Very young and tender chicken should be selected for frying. Singe, and remove the pinfeathers, clean and disjoint, as for fricassee. Dust each piece with salt and pepper, roll in flour, and brown in a frying pan in sufficient Snowdrift to prevent sticking. The chicken should be turned only once, the frying being accomplished slowly in about twenty minutes. Then place the chicken in a pan, dot it with a little extra Snowdrift, steam it for an hour and serve with a gravy made of the drippings in the frying pan. It will probably be necessary to add an extra tablespoonful of flour, a little more salt and pepper, and instead of water, as usual, pour in a cupful of very rich milk or light cream.

WAFFLES

2 Cupfuls Flour
3 Teaspoonfuls Baking Powder
1 Teaspoonful Salt
2 Egg Whites
2 Egg Yolks
2 Cupfuls Milk
½ Cupful Melted Snowdrift

Sift dry ingredients together. Beat egg yolks until thick, add milk and stir into dry ingredients gradually, making a smooth batter. Add melted Snowdrift and beat thoroughly. Beat egg whites until stiff and fold into mixture. Bake on hot waffle iron until medium brown in color. This makes about eight medium sized waffles.

GRIDDLE CAKES

3 *Cupfuls Flour*
4 *Teaspoonfuls Baking Powder*
¾ *Teaspoonful Salt*
1 *Egg, Well Beaten*
2 *Tablespoonfuls Sugar*
1 *Pint Milk*
2 *Tablespoonfuls Melted Snowdrift*

Sift together the dry ingredients, then beat in the milk, the egg and the Snowdrift. Drop by tablespoonfuls onto a griddle well oiled with Snowdrift, and when brown on one side and full of holes, turn to brown on the other. Serve with honey, melted jelly, jam, brown sugar syrup, maple syrup, caramel sauce or corn syrup.

FRENCH FRIED POTATOES

Thinly pare the potatoes and cut them in eighths lengthwise, if small; in sixteenths, if they are very large. Let the cut potato stand in cold water for thirty minutes, drain on a cloth and fry in deep Snowdrift, hot enough to brown a bit of bread in one and a half minutes. Drain on crumpled, unglazed paper. Dust lightly with salt, and serve.

SAUCES

CREAM OR WHITE SAUCE NO. 1

[For Creaming Vegetables or Macaroni]

½ *Tablespoonful Snowdrift*
1 *Tablespoonful Flour*
⅓ *Teaspoonful Salt*
Few Grains Pepper
1 *Cupful Milk*

Melt the Snowdrift in a sauce-pan, stir in the flour and

seasonings and very gradually add the milk, a little at a time, so that with each addition it will be entirely taken up. Bring to boiling-point, let boil three minutes, or cook over boiling water for ten minutes, when it is ready to use.

CREAM OR WHITE SAUCE NO. 2

[For use in Creaming Meats, Eggs, Noodles and Fish, and in Making Escallops]

1 *Tablespoonful Snowdrift*
2 *Tablespoonfuls Flour*
1 *Cupful Milk*
½ *Teaspoonful Salt*
⅛ *Teaspoonful Pepper*

Follow directions as given in the preceding recipe.

CREAM OR WHITE SAUCE NO. 3

[For use in Binding together Croquettes, Fish, Meat Loaves, etc.]

2 *Tablespoonfuls Snowdrift*
4 *Tablespoonfuls Flour*
1 *Cupful Milk*
⅔ *Teaspoonful Salt*
⅛ *Teaspoonful Pepper*

Follow directions for making Cream or White Sauce No. 1.

HARD SAUCE

[For use with puddings, desserts, etc.]

½ *Cupful Snowdrift*
Few Grains Salt
2 *Cupfuls Sifted Powdered or Confectioners' Sugar*
1 *Teaspoonful Vanilla*
¼ *Teaspoonful Lemon Juice or a few drops Lemon Extract*

Stir the Snowdrift till creamy, then beat in the remaining ingredients in the order given.

CANDY

Snowdrift is made entirely of an oil as good as fine salad oil. It is an absolutely pure, rich fat, most delicate in flavor and very good to eat. Taste it and see.

And then try it the next time you make candy. Have you a good recipe for fudge?

FUDGE

1 *Tablespoonful Snowdrift*
2 *Cupfuls Sugar*
2 *Ounces (squares) Chocolate*
½ *Cupful Milk*
⅛ *Teaspoonful Cream of Tartar*
Few Grains of Salt
½ *Teaspoonful Vanilla*

Combine the sugar, the chocolate, cut in small pieces, the Snowdrift, salt, cream of tartar, and milk in a sauce-pan, and stir over the heat until the sugar is dissolved. Boil until a little of the mixture when tried in cold water forms a soft ball. Then cool until it may be dented with the finger, add the vanilla and beat until creamy. Pour a half inch deep into a pan lightly rubbed with Snowdrift and mark into inch squares.

NUT OR COCOANUT BRITTLE

3 *Cupfuls Coarsely-chopped Nut-meats or 2 Cupfuls Dessicated Cocoanut*
Few Grains Salt
2 *Cupfuls Granulated Sugar*
1 *Tablespoonful Snowdrift*
Few Grains Soda

Rub a small dripping-pan lightly with Snowdrift and sprinkle over the cocoanut or nut-meats. Put the sugar in a frying-pan and gradually melt it over a medium heat, stirring it up from the bottom of the pan, so that it will not burn. Then add the Snowdrift, salt and soda, and pour at once over the nut-meats or cocoanut. When cold, break into irregular pieces.

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Good Things to Eat